

California 5 a Day— Be Active! Worksite Program

In order to increase employee access to healthy food options at work, the *California 5 a Day—Be Active! Worksite Program* is encouraging employers to implement the following healthy dining menu standards at their onsite cafeterias or dining facilities. Once you have begun providing menu options that meet these healthy standards at your worksite, we encourage you to branch out and recruit nearby restaurants to implement the standards, too.

HEALTHY DINING¹ ENTREE GUIDELINES

The following check-mark system (✓✓ and ✓) should be used to identify full entrees/meals that meet Healthy Dining's nutrition guidelines² for calories, fat, cholesterol, and sodium.

Calories:	✓✓	Excellent Choice:	0 to 450 calories/entrée
	✓	Good Choice:	451 to 750 calories/entrée
Fat:	✓✓	Excellent Choice:	0 to 15 grams (g)/entrée
	✓	Good Choice:	16 to 25 grams (g)/entrée
Cholesterol:	✓✓	Excellent Choice:	0 to 75 milligrams (mg)/entrée
	✓	Good Choice:	76 to 150 milligrams (mg)/entrée
Sodium:	✓✓	Excellent Choice:	0 to 300 milligrams (mg)/entrée
	✓	Good Choice:	301 to 600 milligrams (mg)/entrée

The entrée guidelines also include an emphasis on fruits and vegetables. The 🍎 symbol should be used on menus to indicate entrées that provide at least 2 servings (approximately 1 cup) of fruits or vegetables.

HEALTHY DINING GUIDELINES FOR SIDE DISHES, APPETIZERS, AND DESSERTS

The following check-mark system (✓✓ and ✓) should be used to identify side dishes, appetizers, and desserts that meet Healthy Dining's nutrition guidelines³ for calories, fat, cholesterol, and sodium.

Calories:	✓✓	Excellent Choice:	0 to 150 calories/serving
	✓	Good Choice:	151 to 250 calories/serving
Fat:	✓✓	Excellent Choice:	0 to 5 grams (g)/serving
	✓	Good Choice:	6 to 8 grams (g)/serving
Cholesterol:	✓✓	Excellent Choice:	0 to 25 milligrams (mg)/serving
	✓	Good Choice:	26 to 50 milligrams (mg)/serving
Sodium:	✓✓	Excellent Choice:	0 to 100 milligrams (mg)/serving
	✓	Good Choice:	101 to 200 milligrams (mg)/serving

These guidelines for side dishes, appetizers, and desserts also include an emphasis on fruits and vegetables. The 🍎 symbol should be used on menus to indicate side dishes, appetizers, and desserts that provide at least 1 serving (approximately ½ cup) of fruits or vegetables.



¹ As featured in the book series Healthy Dining (www.healthy-dining.com).

² The entrée/meal guidelines are based on ½ of the daily nutrition guidelines recommended by leading health organizations.

³ The calorie, fat, cholesterol, and sodium guidelines for side dishes, appetizers, and desserts are equal to ½ of the entrée guidelines.